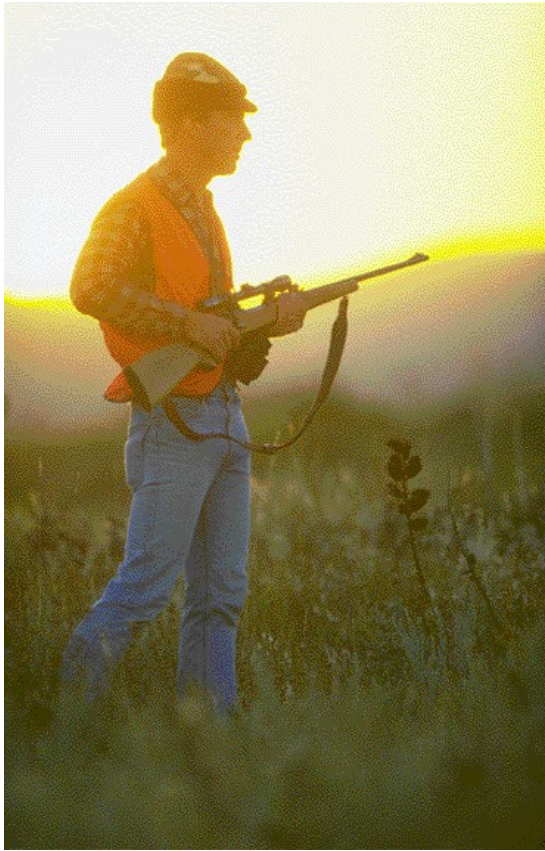


FALL OFF-DUTY SAFETY



Updated 2/04

CAUSES OF SPORTS INJURIES

**Inadequate
ability/skill**



Lack of PPE



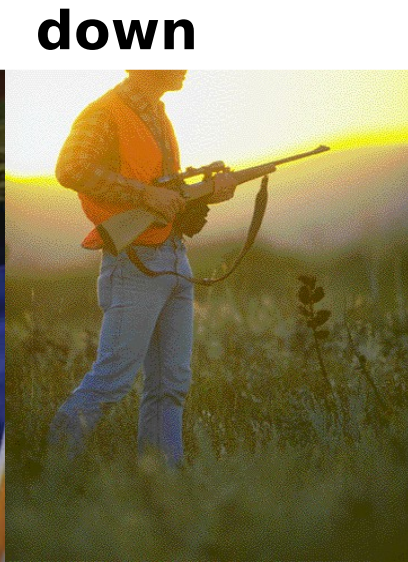
**No warm-up/cool
down**



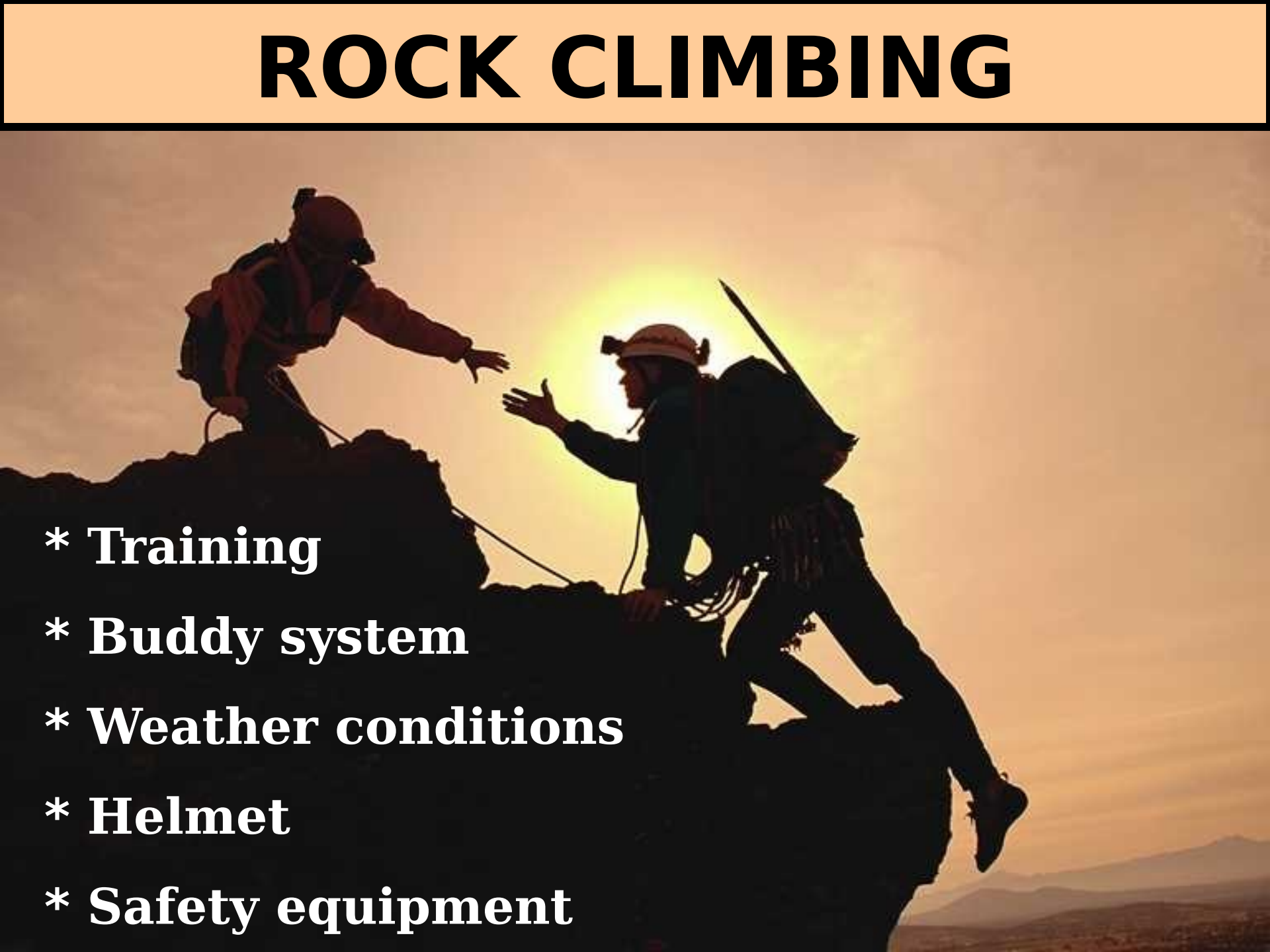
**Violation of
rules**



Poor



ROCK CLIMBING

- 
- * **Training**
 - * **Buddy system**
 - * **Weather conditions**
 - * **Helmet**
 - * **Safety equipment**

FLAG & TOUCH FOOTBALL

Manage the risks

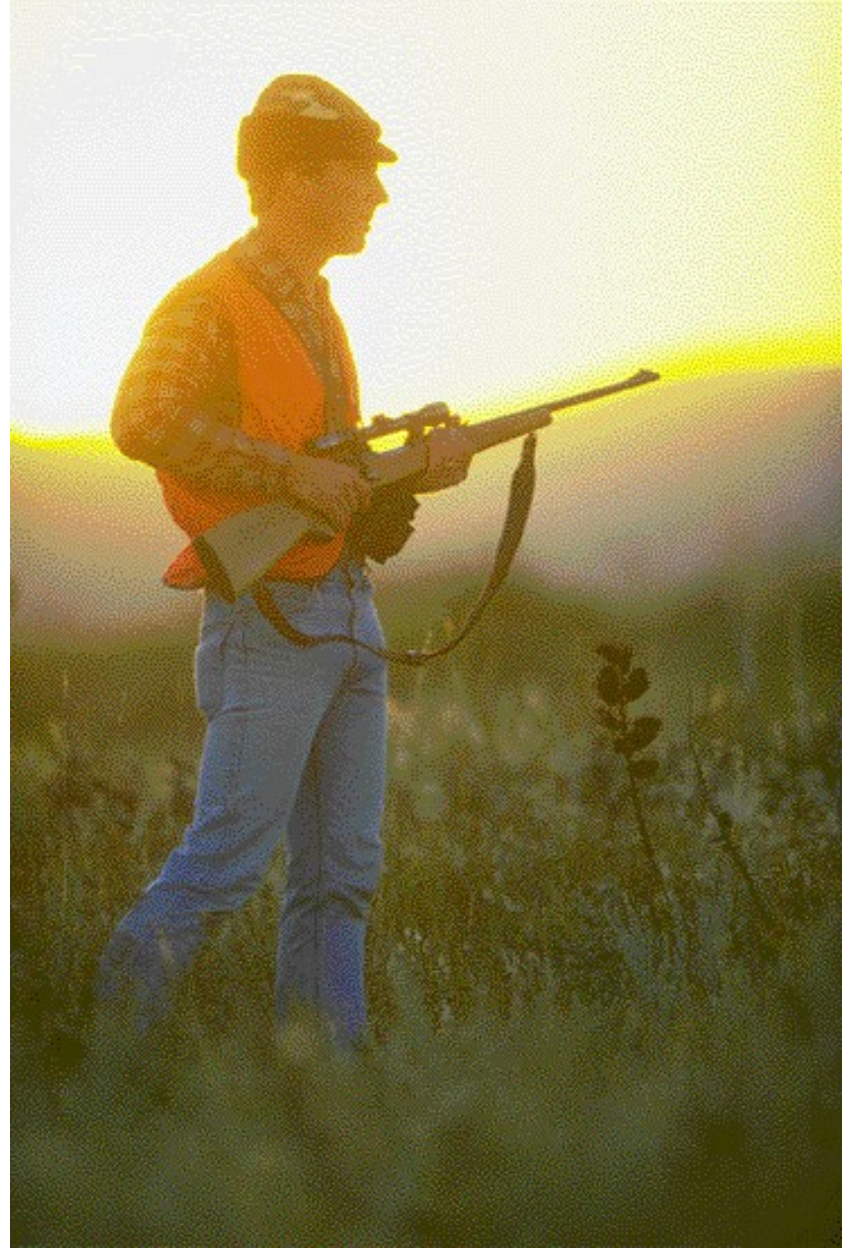
- » Billed caps prohibited
- » Block between shoulders/waist
- » Do not advance fumbles
- » Rubber cleats/tennis shoes



PREVENT HUNTING MISHAPS

Manage the risks
before they manage
you

- **Hunter's safety course**
- **Wear blaze orange**
- **Separate guns and ammo**
- **If in doubt, don't shoot**



CAMPING SAFETY

Manage the risks

- Check weather forecasts
- Water-repellant/wind-resistant material for tents/sleeping bags
- Layered clothing
- Insect repellent/mosquito net
- Cooler for perishable foods
- Stay on marked trails
- No combustible material within 10 feet of campfire
- Avoid poisonous snakes/plants



BASKETBALL



- ◆ **Appropriate shoes**
- ◆ **Elbow/knee pads**
- ◆ **Mouth piece**
- ◆ **Remove jewelry**
- ◆ **Warm-up**
- ◆ **No horsenplay**

WEIGHT LIFTING

Risk management

- ♦ **Warm-up/stretching**
- ♦ **Spotter**
- ♦ **Collars**
- ♦ **Store weights after use**
- ♦ **Positive latching devices (no s-hooks)**



SOCCER SAFETY



- Anchored goal posts
- Shin guards
- No unsportsmanlike conduct

LADDER SAFETY

RISK MANAGEMENT



- Right ladder for the job
- Inspect ladders
- Metal ladder + electricity = death
- 4 to 1 ratio for straight ladders
- 3 feet rule for roofs

FISHING CAN BE DEADLY

Manage the
risks

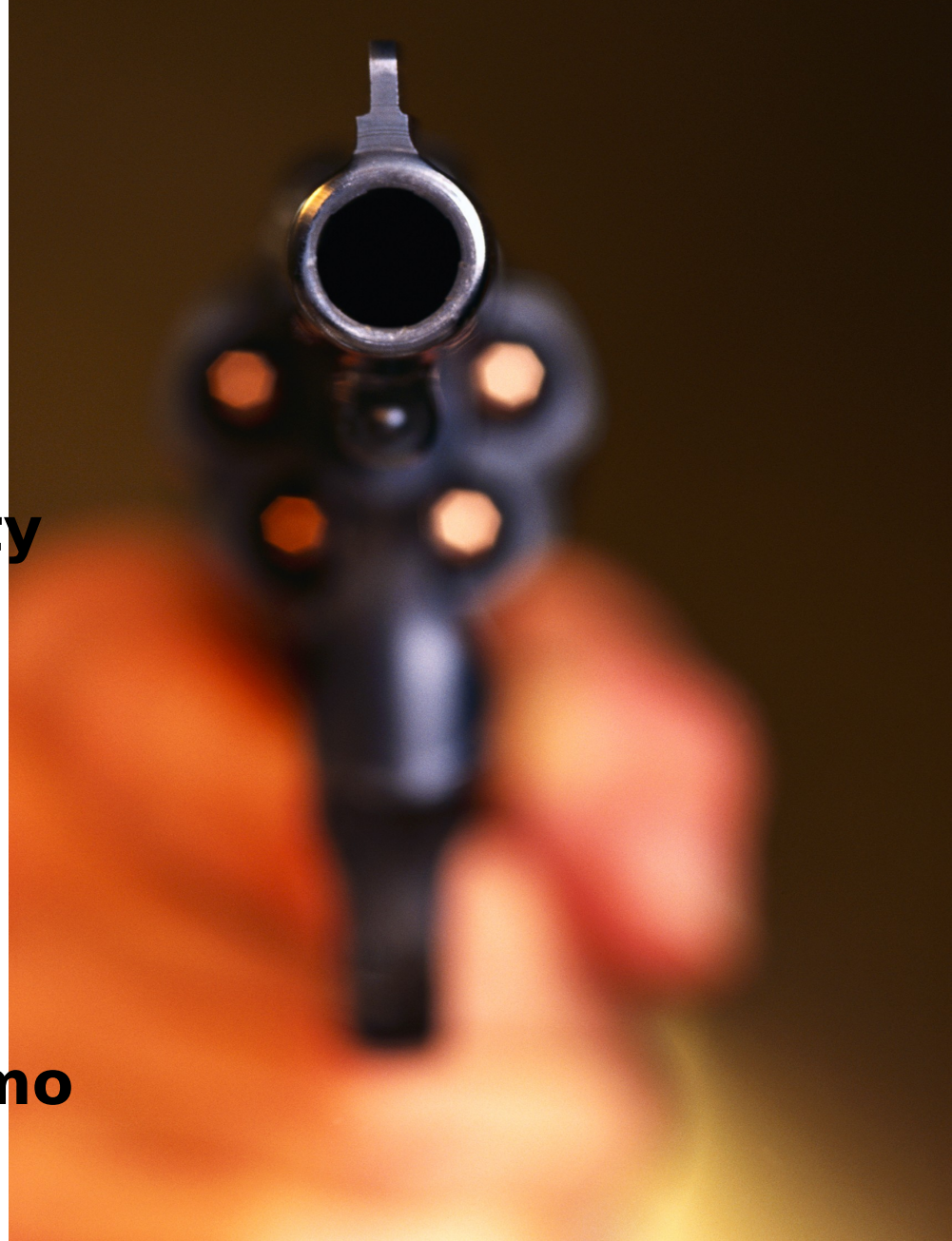
- **Wear a PFD**
- **Keep clothing on**
- **Avoid thrashing around**
- **Capsize - climb back into or on top of the boat**



SMALL ARMS SAFETY

▪
Manage the risks
▪

- * **Take a small arms safety course**
- * **Assume firearms are loaded**
- * **Be sure of your target**
- * **Separate guns and ammo**



HALLOWEEN SAFETY

Manage the risks

- **Flame resistant clothing**
- **Reflective material**
- **Flexible material for swords/knives**
- **Inspection of treats**
- **Remove obstacles**

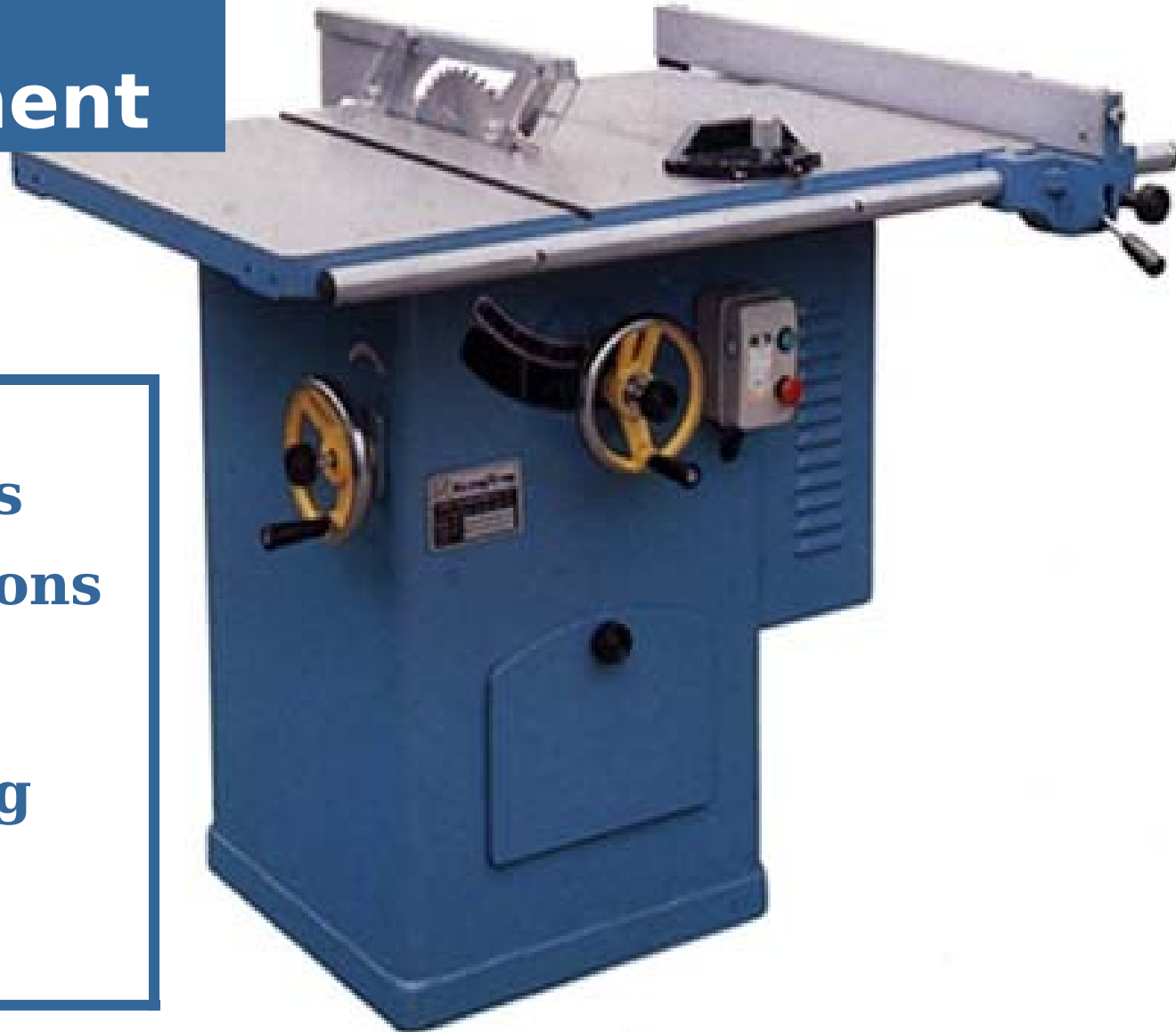


TABLE SAW SAFETY

Risk management



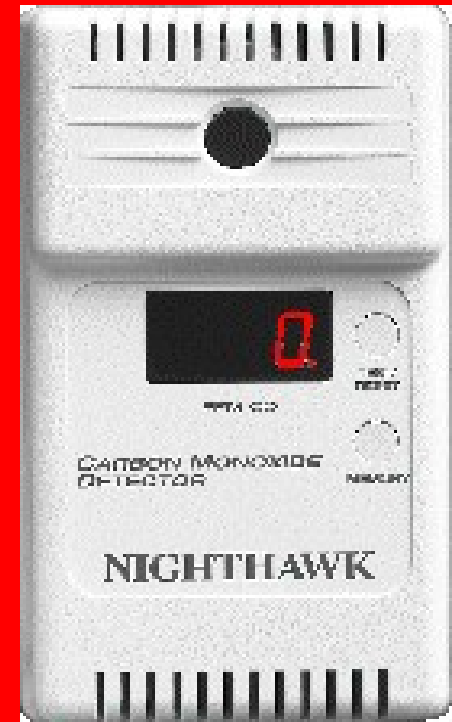
- **Follow manufacturer's recommendations**
- **PPE**
- **Use guarding devices**
- **Push sticks**



CARBON MONOXIDE “THE SILENT KILLER”

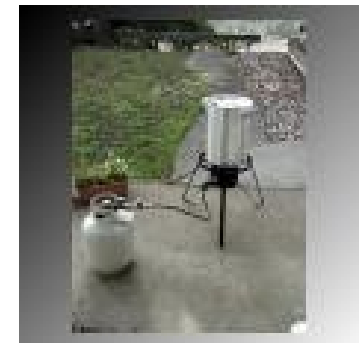
**Don't let the risks
manage you!**

- **Install a carbon monoxide detector**
- **Follow manufacturer's recommendations for placement**
- **Test the device monthly**
- **Replace the detector or battery as recommended**



Turkey Fryers

- **Flat/stable surface; Never leave unattended**
- **Use outdoors away from; walls, fences, other structures;**
Never use in, on or under garage; breezeway, carport, porch or structure that can catch fire
- **Raise and lower food slowly to reduce splatter and avoid burns**
- **Use pot holder/mitts when adding or removing food**
- **Check oil temperature frequently; If oil begins to smoke;**
Turn gas off



RISK MANAGEMENT

